



# SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-NOVEMBER-2015



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Chicken Chow Mein Over Fluffy White Rice Oriental Vegetables 100% Whole Wheat Bread Fresh Fruit	3	White Bean & Escarole Soup Grande Cheese Ravioli w/ Tomato Sauce Garden Salad w/ Cherry Tomatoes & Cucumbers Raspberry Vinaigrette Dressing Whole Grain White Bread Sliced Pears	4	Roast Turkey w/Gravy Sweet Potatoes & Apples Broccoli Florets Cranberry Sauce Wheat Dinner Roll Pineapple Tidbits	5	Breaded Pork Steak w/ Broth Scalloped Potatoes Succotash 12-Grain Bread Mixed Fruit	6	Orange-Pineapple Juice Meatloaf w/Gravy Oven Roasted Potatoes Scandinavian Blend Vegetables Pumpkin Bread Homemade Cookie
9	Mediterranean Soup Eggplant Roll-Up w/Meat Sauce Ziti w/Marinara Sauce Peas Italian Bread Fresh Fruit	10	Orange Juice Rosemary Baked Chicken Mashed Potatoes Sliced Carrots 100% Whole Wheat Bread Banana Pudding w/Whipped Topping	11	<b>CLOSED IN OBSERVANCE OF VETERAN'S DAY</b>	12	Alaskan Pollock w/Seafood Sauce Wild Rice Whole Green Beans Oatnut Bread Fresh Orange	13	Baked Ham w/Pineapple Sauce Baked Beans Broccoli Cuts Rye Bread Peaches
16	Seasoned Chicken in Asiago Cream Sauce Over Penne Pasta Italian Blend Vegetables 100% Whole Wheat Bread Pears	17	Beef Vegetable Soup Swedish Meatballs w/Brown Gravy Mashed Potatoes Mixed Vegetables Saltines Sliced Apples	18	Stuffed Salmon Boat w/Newburg Sauce Brown Rice Pilaf Broccoli Spears Pumpkin Bread Fresh Orange	19	<b>CRT THANKSGIVING MEAL</b> Orange-Pineapple Juice Festive Roast Turkey w/Gravy Herb Stuffing Cranberry Sauce Mashed Potatoes Peas & Pearl Onions Wheat Dinner Roll Pumpkin Pie w/Whipped Topping	20	Breaded Veal Patty w/Italian Sauce Rotini w/Tomato Basil Sauce Spinach 100% Whole Wheat Bread Fresh Fruit
23	Russian Cabbage Soup Kielbasa Pierogies in Onion Butter Sauce Sauerkraut Oatnut Bread Pineapple Tidbits	24	Lemon Baked Chicken Confetti Rice Capri Blend Vegetables Wheat Dinner Roll Fresh Fruit	25	Buttercrumb Fish Filet On Multi-Grain Bun Potato Wedges Red/Green Cabbage Coleslaw w/Shredded Carrots Fresh Orange	26	<b>CLOSED IN OBSERVANCE OF THANKSGIVING DAY</b>	27	<b>CLOSED IN OBSERVANCE OF THANKSGIVING DAY</b>
30	Autumn Soup Salisbury Steak w/Vegetable Gravy Garlic Smashed Potatoes California Blend Vegetables Saltines 100% Whole Wheat Bread Fresh Fruit								

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.

All meals are served with milk, bread and margarine. **DONATIONS: \$2.50 (or whatever you can afford)**